

Nacho cheez

by Humane World for Animals Culinary Innovation Chefs

Serves 4

Ingredients

- 1 cup peeled Russett potato, medium diced
- 1/2 cup carrots, peeled and medium diced
- 3 tbsp canola oil
- 1/4 cup nutritional yeast
- 1 1/2 tsp lemon juice
- 1/2 tsp kosher salt
- 1/3 tsp onion powder
- 1/3 tsp garlic powder
- 1/8 tsp chili powder (optional)

Instructions

1. In a large pot of boiling water, add potatoes and carrots. Cook for 20 minutes or until tender. Drain and reserve 1/4 cup cooking liquid.
2. Add all ingredients into a food processor or blender. Do this step in batches if there is not enough space. Process mixture until smooth.

Notes

Each 1/2 cup serving provides 1/4 cup starchy vegetable and 1/4 cup red/orange vegetable.

**The nutrition information is an estimate based on general ingredients. These amounts will vary based on the products you are using.*

Nutrition

Serving: 3.02oz | Calories: 121kcal | Carbohydrates: 7g | Protein: 1g | Fat: 10g | Saturated Fat: 1g | Sodium: 149mg | Fiber: 1g | Sugar: 1g